June 2022 Resources

resources curated and created by masterpiece

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| May Campaign: **Movement Matters** is a month-long campaign centered on increased movement and overall wellbeing. The goal is to motivate individuals within your organization to move more and sustain their increased movement throughout the year. What is your motivation to move more this month?  2nd Quarter Suggested Program: **Aging Through the Ages**This four-session video program explores the history of aging and the evolving role of older adults through time. In this program, participants will take a brief look at the Hunter-Gatherer and Agrarian Ages, the Industrial Revolution, the Technology Age, as well as a glimpse into our future. Each recorded video session will illustrate the evolutionary challenges during these various periods in time, what we – as a species – learned, how our older adults contributed to society and the overall view of aging. |
| National Days | Curated Resources and Ideas |
| June 3rd: **World Bicycle Day** | * Contact the [Bikes for Kids Foundation](https://www.bikesforkidsfoundation.org/) or a local organization to discover opportunities to volunteer or organize an event to raise money for bicycles for children in need.
* Read why the UN celebrates [World Bicycle Day](https://www.un.org/en/observances/bicycle-day) (Hint: It goes beyond just physical health.)
* Learn the [origins of the bicycle](https://www.britannica.com/video/186489/discussion-bicycle-history) (8-minute video) and its influence on the racing world, or view other exciting cycling documentaries below:
	+ [The Impossible Route - Worlds Hardest Climb (A Cycling Documentary)](https://www.youtube.com/watch?v=oFtJkjXO6ZE) (1 hour, 14 minutes) The story of two top cyclists as they challenge themselves with the world’s hardest cycling gravel climb, never done before. Outstanding physical feat! Episode 0 of 5.
	+ [15 Cycling Documentaries You Really Should Watch](https://cyclingtips.com/2020/04/15-of-the-best-cycling-documentaries-to-catch-up-on/) focused on the challenges of elite road cycle racing.
* Get ideas for an art project for World Bicycle Day decoration or for the cycle enthusiast any time of year: [15 Upcycling Ideas For Old Bike Wheel](https://www.diytomake.com/top-33-amazing-bike-wheels-craft-ideas/)
	+ Watch this 8-minute video turning an old bike wheel into a wreath: [Repurpose and Recycle an Old Bike Wheel](https://www.youtube.com/watch?v=xJWO-GMQOSw&t=123s)
* Kick off a happy hour, town hall meeting, TED talk session or art project class with [315 Cycling Trivia Questions and Answers](https://www.funtrivia.com/en/Sports/Cycling-18916.html).
* Set up a cycling demo with several types of cycles such as road bikes, recumbents and tri-bikes. Work with a local bike store or residents/members who own these cycles to offer demo rides.
* Find brief descriptions of the best trails for [The 50 Best Bike Rides in America](https://www.health.com/fitness/best-bike-rides), listed by state.
* Seek out cyclists in your community/organization, riding clubs and cycling stores to identify people who might share their cycle-tour experiences with your audience at a lunch-and-learn.

**TED TALKS*** [The Amazing Way Bicycles Change You](https://youtu.be/KTT7i3SKpMQ) (17 minutes)

**Discussion Questions:*** + How did bicycling make you feel like a child – can you describe that sensation?
	+ What would it take to prepare you to get back to bicycling more?
	+ How can cycling be a bonding experience?
* [The Power of Bicycles](https://youtu.be/iqCzkjOH_sE) (15 minutes)

**Discussion Questions:*** + How can bicycles be a life-enhancing tool for less affluent communities across the world?
	+ Is there a community project involving bicycles that you can support?
	+ How can you set your wheels in motion to support a better lifestyle for you, and others, in your own community?
* [Cycling Without Age](https://youtu.be/O6Ti4qUa-OU) (15 minutes)

**Discussion Questions:*** + What are all the benefits of these shared rickshaw rides for both the rider and the one powering the bicycle?
	+ How does cycling stir up reflections for those on the ride?
	+ Can you describe the empowerment that these rides provided for the participants?
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| June 23rd:**National Hydration Day** | * Create a “Lunch & Learn” with the 5th Course of the Nourish Program:
	+ [Hydration PowerPoint Presentation with Speaker's Notes](https://mymasterpieceliving.com/wp-content/uploads/2021/05/Nourish_-Hydration.pptx)
	+ [Hydration Course Handout Packet](https://mymasterpieceliving.com/wp-content/uploads/2021/05/Nourish_Course_5_Handout_Packet.docx)
* Tune in for [Nutrition Basics](https://www.spreaker.com/user/11175410/nutrition-feb-17) on Dr. Roger & Friends
* How Much Water Do You Need? Try this [calculator](https://www.everydayhealth.com/dehydration/hydration-calculator/) based on lifestyle and activity levels.
* Work with the dining team to create a water mocktail and share these [10 Benefits of Staying Hydrated](https://www.nationaljewish.org/conditions/health-information/healthy-eating/10-benefits-of-staying-hydrated) and discuss [10 Ways to Stay Hydrated (That Aren’t Water)](https://dailyburn.com/life/health/healthy-foods-stay-hydrated-without-water/)
* Offer spray bottles for facial misting or chill damp neckerchiefs for wearing on hot days.
* **Water-Inspired Art Project Ideas:**
* Learn about how to create the traditional Japanese Art of Suminagashi (spilled ink) the oldest form of marbling:
	+ Watch this [Simple Suminagashi Video](https://www.youtube.com/watch?v=J410yQ7PI1E) (10 minutes) or print out the lesson plan PDF: [Simple Suminagashi Instructions](https://assets.ctfassets.net/f1fikihmjtrp/3qnSxN4yW4UPqhf451pYud/71d0cac863b597511314631d29248135/simple-suminagashi-monoprints-boku-undo-suminagashi.pdf)
* Get inspired with these [40+ DIY Water Bottle Holders Ideas](https://cradiori.co/44-diy-water-bottle-holder-ideas/) and make it easier for everyone to bring a bottle of water wherever they go!
* Masterpiece Partner Practices:
* Add “hydration stations” with cucumber or berry water. Organize a time when individuals in your organization can make their own flavored water; try these recipes: [23 of the Best Flavored Water Recipes](https://www.tasteofhome.com/collection/best-flavored-water-recipes/).
* Place reminders around the organization to sip liquid often and identify hydration station locations.
* Cater to preferences by offering water and tea at different temperatures. Examples: ice cold water, iced tea, hot tea, water at room temperature, etc.

**TED TALKS**[Body Hydration: The Key to Improved Performance, Health and Life](https://youtu.be/6QINhoywpRA) (11 minutes)**Discussion Questions:*** Have you experienced dehydration and what were the symptoms?
* Why do you expect to see this invention on the marketplace?
* How do you consciously gauge your hydration level?

 [Water, Cells and Life](https://youtu.be/p9UC0chfXcg) (13 minutes) A scientific presentation.**Discussion Questions:*** What elements fuel your energy?
* Have you experienced the sensation Dr. Pollack recalls in contact with the earth and how did that make you feel?
* If you don’t live in a sunny climate, how do you ensure exposure to light?
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